

One Thing

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate Country Cha Cha
编舞者: Rafel Corbí (ES) - March 2014
音乐: You Don't Know a Thing About Me - Gary Allan : (Album: See If I Care - 2003)



Intro: 16 Counts

STEPS: STEP SIDE, CROSS ROCK, TRIPLE STEP SIDE, CROSS ROCK, TRIPLE STEP TURNING 1/4 R

1-2-3 Step Right to right, rock Right over left, recover to Left
4&5 Step Left to left, step Right together, step Left to left
6-7 Cross Right over left, recover to Left
8&1 Step Right to right, step Left together, do a 1/4 turn right and step Right forward 3:00

ROCK RECOVER, ROCK RECOVER & STEP FORWARD, FORWARD RIGHT, 1/2 TURN LEFT, KICK BALL STEP

2-3 Rock Left forward, recover to Right
4&5 Rock Left back, recover to Right, step Left forward
6-7 Step Right forward, turn 1/2 left and step Left forward (9:00)
8&1 Kick Right forward, step Right together, step Left slightly forward

RIGHT ROCK FORWARD & RECOVER, RIGHT BACK LOCK CHA CHA, LEFT COASTER STEP, WALK FORWARD

2-3 Rock Right forward, recover to Left
4&5 Step Right back, Left lock in front of Right, Step Right back
6&7 Step Left back, Step Right together, Step Left Forward
8-1 Step right forward, step left forward (or full turn forward)

ROCK, RECOVER AND 1/4 TURN RIGHT, CROSS, ROCK STEP & CROSS, STEP TURNING, START CHA CHA RIGHT

2&3 Rock Right forward, recover back to Left, turn 1/4 right and step Right to side 12:00
4 Cross left over right
5&6 Rock Right to side, step Left to left, cross Right over Left
7 Turn 1/4 to right and step left back 3:00
8& Step Right to right side, Left beside right 3:00

Repeat

TAG: Starting wall 5 (12:00)

Instrumental: 16 counts Repeat movements from Section 1 After count 8&1 add the following:

TWO ROLLING CHA-CHAS

2&3 Do 1/4 turn right and step Left to left, Right beside Left, 1/4 more to right and step Left back
4& Do 1/4 turn right (look 12:00 again) and step Right to right, Left beside Right

Start again looking 12:00 from count #1